**For parents – A lesson on health**

What we learned:

* What health means to each person
* The five food groups
* The importance of physical activity

Discussion:

* Ask your child what health means to them
* Ask your child about the five food groups
* Ask your child about physical activities

Information:

A day for a second grader-

Fruit: 1.5 cups Activity: about 60 minutes

Veggies: 1.5 cups Dairy: 2.5 cups

Grains: five ounces Protein: four ounces

Websites:

* <http://www.choosemyplate.gov/food-groups/>
* http://www.nourishinteractive.com/kids/healthy-games/12 -healthy-harvest-maze-fruits-vegetables-farm-game
* http://mdk12.org/instruction/curriculum/health/standard6/grade2.html